



December 2, 2009

Dear Principal,

It is that time of year again...time to book your electives. The staff at EliteHockey.net would like to extend the invitation to your school community to take advantage of North Bay's state of the art off ice training facility. Our goal is to offer a challenging, fun and positive environment for off ice training.

Why should you book elective days at Elite Hockey.net:

1. Our 4500 sq foot training centre is dedicated to promoting physical fitness.
2. Elite Hockey offers on site trainers who provide specific instruction to all students on technique training.
3. The trainers at Elite Hockey are enthusiastic and committed to achieving success for every student who trains at the facility.
4. No experience required! Elite Hockey encourages students who have not had the opportunity to try their skills in hockey to come out and experience one of Canada's favorite pastimes.
5. Cost is based per student and very reasonable.
6. The best reason of all: we help teachers meet the Ontario Curriculum expectations.*

EliteHockey.net can accommodate up to 20 students. The students will be paired into small groups and each trainer will guide them through a variety of different fitness stations. The cost is \$10.00 per student based on a 2 hour session. Times can be modified, as required, in order to accommodate school times.

For more information, please contact Glen at glen@elitehockey.net or by calling 840-PUCK (7825). We check messages regularly.

Thank you in advance for your time from the Elite Hockey Team!

** Ontario Curriculum Expectations covered:*

- *perform a combination of locomotion/travelling movements, incorporating a variety of speeds, in relationship to objects or others*
- *use a piece of equipment to send and receive an object to a partner or a target*
- *stick-handle an object while moving in different directions and at different speeds, alone or with a partner*
- *improve their fitness levels by participating in vigorous activities*